

# Don't Step On My Soul

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Anita McNab (CAN)  
音樂: 40 Days and 40 Nights - Tim McGraw



## GRAPEVINE RIGHT, TWIST HEELS STARTING LEFT

1-4            Step right to side, left behind, right to side, touch left beside right  
5-8            Twist both heels first to the left, right, left, then right, (keep weight on right)

## GRAPEVINE LEFT, TWIST HEELS STARTING RIGHT

9-12           Step left to left side, right behind, left to side, touch right beside left  
13-16          Twist both heels first to the right, left right, then left (keep weight on left)

## STEP HITCH FORWARD

17-18          Step forward on right, hitch left knee in air (keep low to floor, fake hop for low impact)  
19-20          Step forward on left, hitch right knee in air (keep low to floor, fake hop for low impact)  
21-24          Repeat 17- 20

## TWO CROSS BOXES (WITH ¼ TURN TO RIGHT ON SECOND CROSS BOX)

25-26          Cross right in front of left, step weight back onto left  
27-28          Step right beside left, step on left in place  
29-30          Cross right in front of left, step weight back onto left  
31-32          Pivot ¼ turn to right, step on right, step on left in place (weight is on left)

**You can always adapt this for seniors by eliminating the cross boxes if they can't do it, and just have them**

25-26          Step side right, touch left beside  
27-28          Step side left, touch right beside  
29-30          ¼ turn to right on right, touch left beside  
31-32          Step side left, touch right beside

## REPEAT

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